The Lions' Pride

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The Art of the Spoken Word

By Nicholas Santos
Copy Editor

George "G" Yamazawa, one of the top spoken word artists in the country and a seasoned slam poet, visited the University on Oct. 1. Performing in the SCC Greenfelder-Denlinger Boardrooms, he engaged his audience with a slam poetry performance that focused on his life as an Asian-American citizen in America.

The slam poet, who commonly goes by his stage name, "G," was born in Durham, North Carolina in 1990 and was raised in a Buddhist family. He has spent many years of his life writing poetry, is a slam poetry champion, and has toured college campuses and stages in the United States, Europe and Japan.

His culture and family history are the face of his poetry, as the majority of his life was spent fighting a difficult battle: trying to fit in to an American society while still staying true to his family's culture.

"Oftentimes, you feel very confused as to who you are and where you belong," said Yamazawa.

Slam poetry is a form of poetry recital that closely resembles the rhythm, rhyme scheme and tone of most modern hip-hop and rap songs. The main difference is that slam poetry is usually recited without any beats or sound in the background. Some of the poems that Yamazawa recited included "Growth," "Asians from the South," "Unforgettable" and "After Twenty-Two Years, I've Finally Found an Asian Girlfriend." In addition to these poems, Yamazawa recited various raps he wrote.

One poem in particular from the performance, "Home," was once aired on national television via Verses and Flow, a program which highlights extraordinary performances from singers and poets. Influenced by his upbringing as an Asian-American, this poem highlights Yamazawa's lifelong discovery of self-worth and his purpose in life. In this poem, he expresses his belief that home is one of the most important factors in any person's life.

"I think that the first step is realizing that wherever you're from, you're from there; whoever you are, you are who you are. And you have to learn to understand that that is a good thing in nature," said Yamazawa.

Yamazawa appeared comfortable during his performance. He used his conversational tone, friendly demeanor and upbeat attitude to encourage audience participation. In between each poem, Yamazawa spoke about many of his personal experiences, both on and off the stage.

"In North Carolina, we like to say that poetry is not like golf. So if you hear something that you like, feel free to make as much noise as you like," said Yamazawa.

Yamazawa managed to maintain a conversational tone and a personal atmosphere with his audience. He avoided announcing the names of his poems before reciting them. For example, before reciting , "Win," a poem dedicated to his father who battled cancer, Yamazawa asked the audience a question about fathers. After a few answers from the audience, he seamlessly transitioned into the poem's first line. The manner in which Yamazawa transitioned between each conversation and each poem was a standout aspect of his performance.

Following the performance, Yamazawa gave writing tips to various writers in his audience. He encouraged them to continue to pursue their goals and to find communities that can help them expand their possibilities in writing.

"Poetry, rap and writing are such solitary forms; you can grow by yourself, but you are limited unless you can find other people to grow with," said Yamazawa.

Yamazawa inspired his audience – both writers and non-writers alike – to embrace their culture and their future.

"You've just got to keep trying – keep trying to push those boundaries," said Yamazawa.

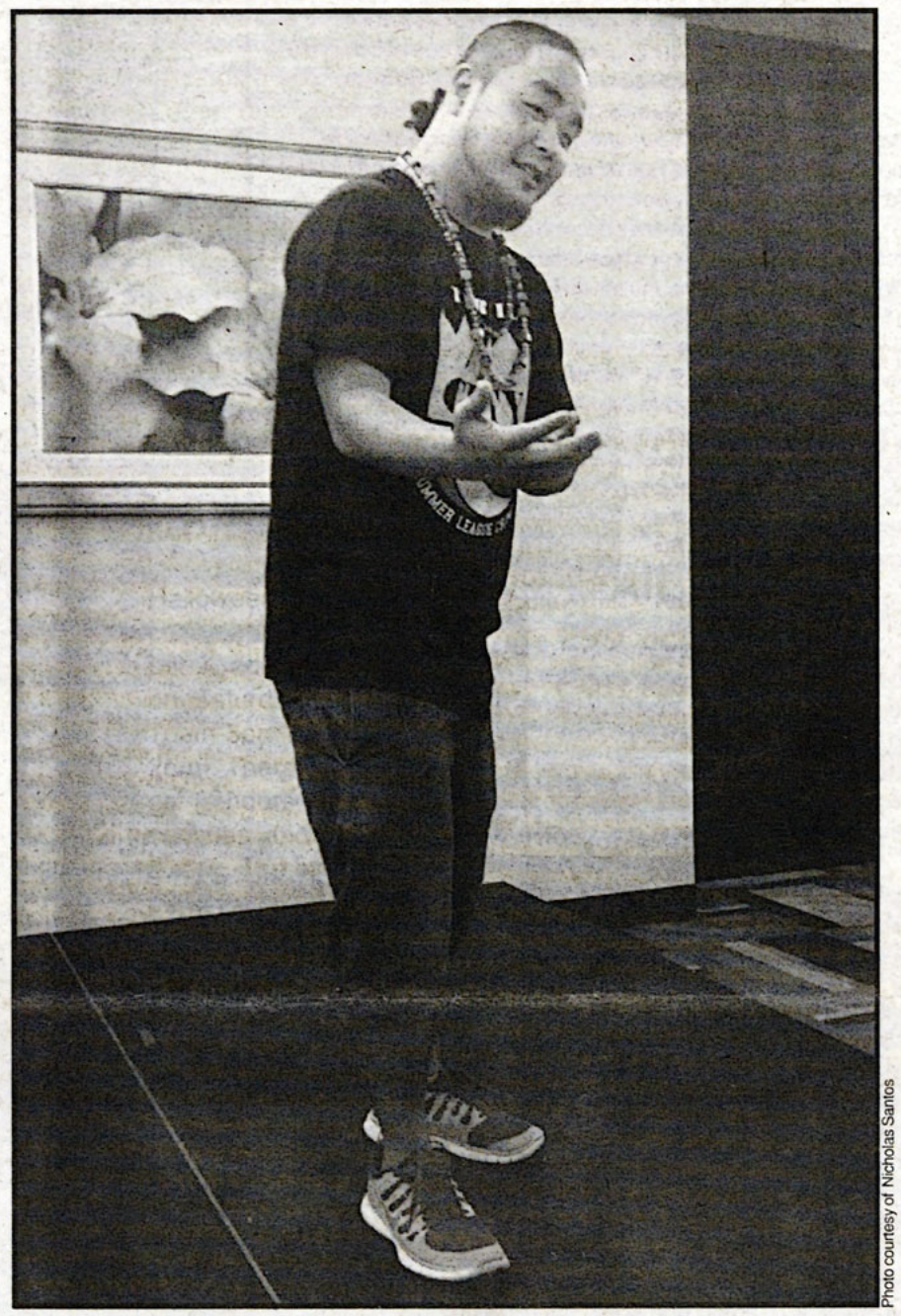

Photo courtesy of Nicholas Santos

G's performance was highly energetic and upbeat, as his body language clearly demonstrated.

Poems recited in the reading

- Growth
- Asians from the south
- Unforgettable
- Home
- Various raps
- After twenty-two years, I've finally found an Asian Girlfriend
- Gingerbread Man
- Dear Grandma
- Win

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Anti-Hazing Week

Photo courtesy of Wikimedia Commons

Literature for Lunch

Photo courtesy of Daniel Stockton

Cirque de Soleil

Photo courtesy of Cirque de Soleil Twitter

Campus News

Buen Camino! The Good Walk

By Ingrid Medina
Contributing Writer

Have you ever imagined yourself walking for 20 days straight in a whole new country? This is exactly what Edward Yount did with his friend Junior Glen Pringle.

It all began with the help of a professor who told them about the YVAIN scholarship. This scholarship allows students to write a five page essay describing something that they would like to do and why. Edward and Glen wrote about going to Spain and walking "El Camino de Santiago," also known as the "The Way of Saint James." The Way of Saint James is a series of pilgrimage routes that go through France and Spain, and all these routes lead to the Cathedral of Santiago de Compostela in Northwest Spain.

After Edward and Glen sent in their applications, they were unsure if they were going to get the scholarship. After two months of silence, however, they received an email telling them that they would be able to go on the trip. When they went on the trip, all they had with them was a traveling bag which contained a sleeping bag, snacks, water, a few clothes, rain coats, and toiletries.

"After the third the day, I threw a few things away. My bag was way too heavy and I was carrying stuff I was not using at all," said Edward.

They took off on a 10 hour trip on June 3 from Miami Airport straight to Madrid, Spain. After they got to Madrid, it took them an hour to get to their starting location in Bilbao City, where they had to pick from a variety trails to take. These would inevitably lead to the same destination. These trails had arrows that pointed them towards the right directions to turn – some of them were hidden.

Edward and Glen stayed in hostels for their first night. Hostels are houses for any traveler wanting a place to sleep for the night. Families are usually the hosts, and they host these hostels for the purpose of giving shelter to people on quests such as these. In hostels, they also encounter other people doing the same walk. Halfway through the trip, they stayed in Guemes, which was one of Edward's favorite places because the host, Ernesto Bustio, was extremely nice and lives in a typical Spaniards house you would imagine.

"His house was full of artifacts and treasure from his world travels," Said Edward.

Edward's second favorite place was Noja, because it was a beach town. He said there were mountains next to the beach and surfers that enjoyed the beach's waves.

"I want to stay there forever, but I had to keep going," said Edward.

But not everything ran smoothly. The walk was very long, and some days were more difficult than others since they got exhausted or too hot. At one point, they missed an arrow and realized after 30 minutes that they got lost. They had a mini guide book, but the book was confusing and they had to ask for directions in Spanish.

"Many (people) didn't even know the right direction. One would say go to the right, and someone else would say go the left," said Edward.

Eventually, they found their way back to a trail and continued on their journey, where they met a lot of great people from all around the world. Because they were the young, they received a lot of attention, advice, and care from elder participants who had ventured on the walk for many years.

"I was surprise because other people, much older than I am, were walking a lot faster than I was," said Edward.

Towards the end of their trip, they arrived to their final destination, the city of Oviedo, where at the end of the day they took a three hour bus ride back to where they began.

"Although it was a fast three hour ride back, there were no adventures and no interactions compared to the 20 days of walking where we met different kinds of people from all around the world," said Edward.

Edward and Glen said they will always remember their first time traveling to Europe.

"We felt accomplished," they said in the end.

Photo from Edward Yount and Glen Pringle

This city is Bilbaio, the first city they walked through after arriving to Spain. Edward loved it because of the beauty of the city. Bilbao's tallest building is also in the background.

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Campus News

Physical, Psychological, and Spiritual Wellness

By Lyndsey Ray
Contributing Writer

Doctor Joanne Crossman, a Professor of Education at Saint Leo University, thought it would be a great idea to host a panel discussion on physical, psychological, and spiritual wellness. The panel discussion consisted of seven different panelists who each talked about their profession and how they can give advice on personal wellness.

Doctor Crossman read a series of different questions that students wanted to ask about wellness. One specific question a student had was: "My roommate is sick a lot. How can I keep from getting sick?Teresa Dadez, the Director of the Health and Wellness Center was able to give advice on this question and said the number one thing to do to avoid getting sick is washing your hands! A lot of illnesses are going around and are commonly spread on a college campus. Dadez simply said "We are here to help you get well." Another question that came up was about being stressed out or overwhelmed and how you can overcome stress. Krista Jones the Assistant Director of Counseling Services said that counseling is always on campus to help even if you are just stressed and overwhelmed over schoolwork. Counseling is there to help and find your body's balance and they are there to make sure you are happy. The nurse suggests that people should be drinking a lot of water because you can be dehydrated and not even know it.

The other five panelists were Darin Graves who is a Structural Energetic Therapist, Matthew Luckie who is a Personal Trainer/Health and Fitness Specialist, Wade Morris who is the President/ CEO of AHOY Integrative Health, Stephen Okey who is the Assistant Professor of Philosophy, Theology and Religion, and Randall Woodard who is the Associate Professor of Theology and Religion.

Wade Morris made a comment saying that exercise and staying hydrated is very important in staying healthy, which also helps anxiety and stress. Randall Woodard asked "What will constitute living a happy life?" He responded to his own question saying that

Matthew Luckie who is a Personal Trainer, had a lot of good advice on exercise. He said there are people who are afraid to go to the gym because they are intimidated by those who go all the time and know what they are doing. If you do not want to go to the gym there are plenty of other resources you can find in order to exercise at home on your own. Everyone has their own starting point in terms of getting in shape. He also mentioned that there are activities you can do that are not necessarily exercise activity. This could include parking far away and walking further or taking the stairs.

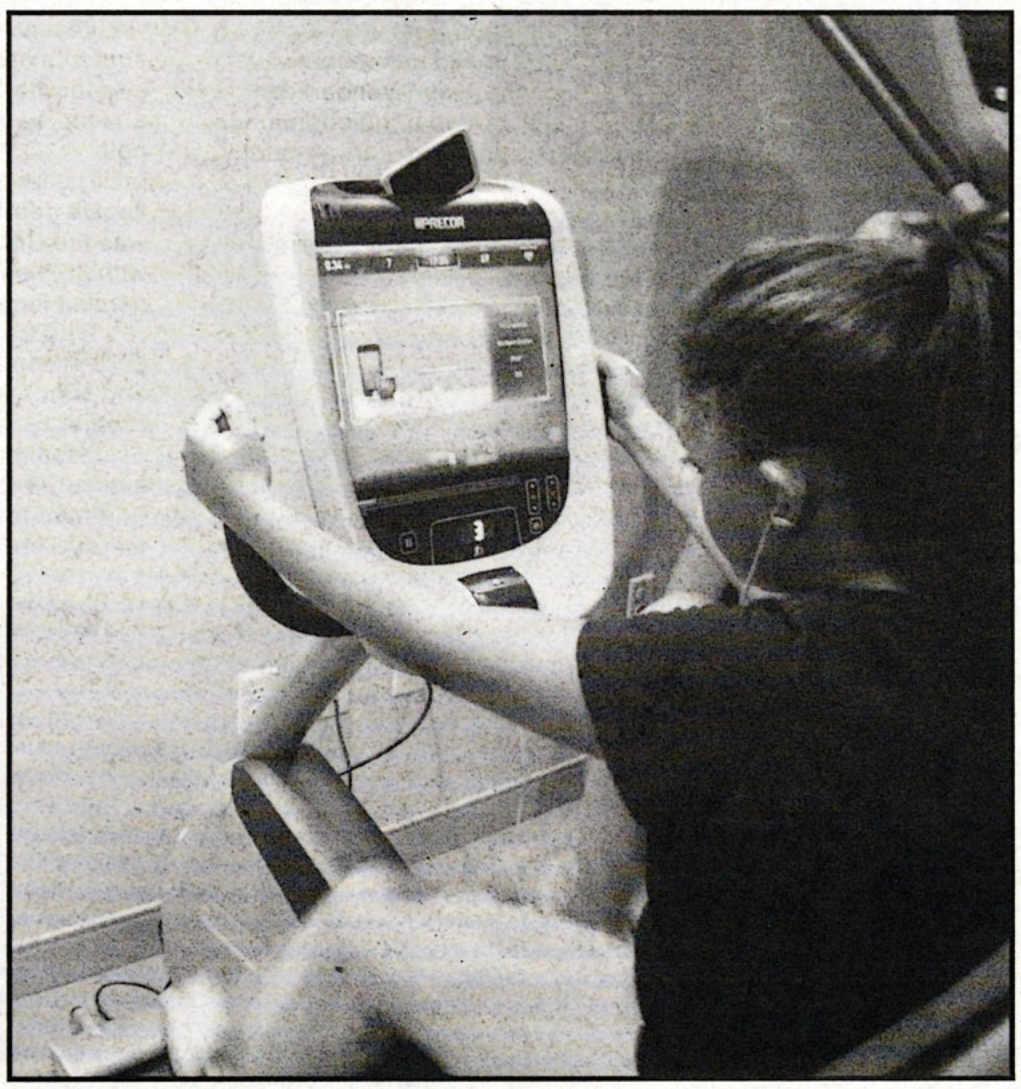


Photo taken by Craig Graves

Senior Courtney Duggar takes advantage of the fitness room in Apartment 5.

Professor Woodard had a really interesting topic to talk about during the discussion. He brought up the trip he made to Spain for a challenge known as the "Camino Santiago." He went on this journey to Spain for six weeks where he walked five hundred miles across Spain. He got up every morning and walked six to eight hours and was able to lose thirty pounds. Woodard said he did this because he wanted to have an intense physical and spiritual experience that challenged him. He was able to meet many people from all over the world, gained more appreciation for life, and began to notice what was going on around him more often.

The panel discussion began to wrap up after Professor Woodard shared his experience. The rest of the discussion was about getting a flu shot and all the other vaccinations you should be getting every year. The flu virus spreads around every once in a while and there are thousands of other viruses that you can get as well. Ebola was brought up at the very end since this respiratory virus has hit the United States. This virus can be received from the contact of blood or saliva. It is important to wash your hands all the time and be careful around those who are sick or getting sick.

After the discussion I was able to talk to Doctor Crossman for a few minutes. I asked the following questions: Who came up with the idea of the panel discussion? Why did you decide to do the panel? What is the purpose of the panel? How did you go about asking people to talk on the panel? She happily answered each question and said that she was the one who came up with doing the panel discussion. She thought this discussion was a great opportunity for students to learn the different dimensions of wellness. Crossman said that the main purpose of the discussion was for students to have the chance to learn and ask questions about wellness in a non-academic setting. She thought it was a good idea to ask the school nurse to talk and for the school counselor to talk about staying healthy and not get overwhelmed. She also asked professors who teach Choosing Wellness to talk and professors who teach Religion or Theology to talk about being spiritual. Her main goal was to get students to come in and be able to ask questions they would not ask during a class.

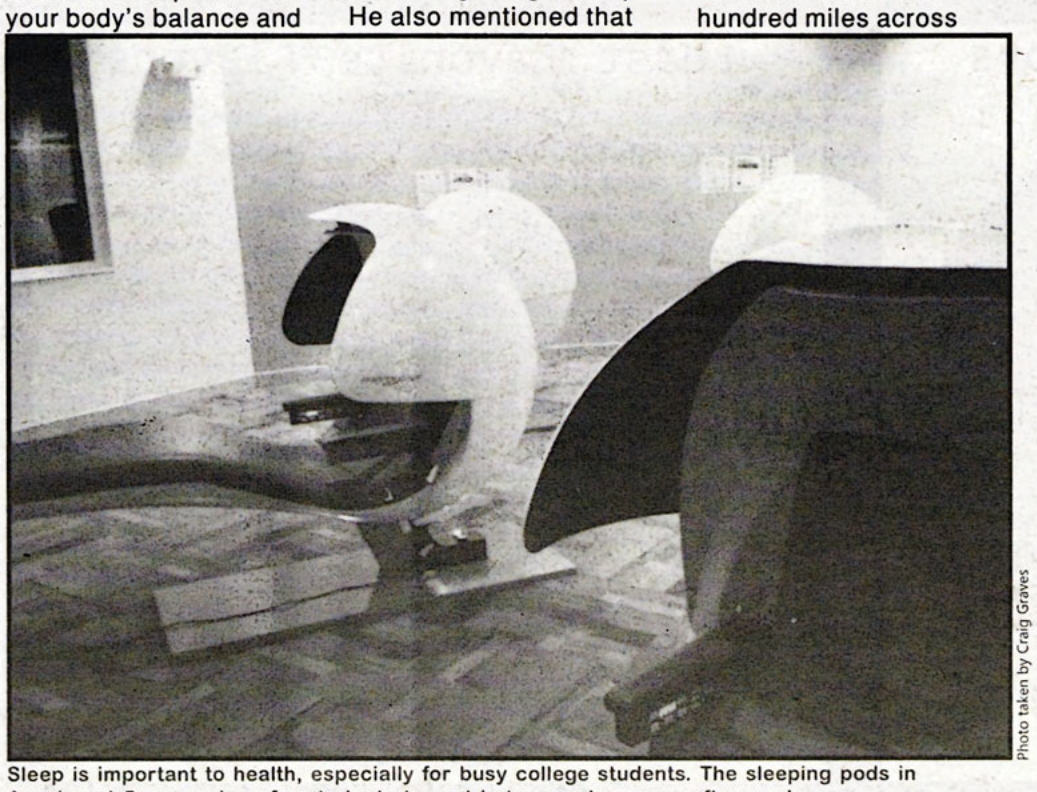


Photo taken by Craig Graves

Sleep is important to health, especially for busy college students. The sleeping pods in Apartment 5 are a place for students to rest between classes or after work.

Campus News

Oreo Cookie Flavors, From Awful to Awesome

By Renee Goodwin
Staff Writer

It might not be so easy for milk to recognize its favorite cookie. The beloved Oreo has expanded into a vast line of products and flavors over the years.

Being around for 102 years and achieving the title of number one selling cookie in all of America has given Nabisco both the clout and financial security needed to broaden its experimental horizons. Americans consume over 20.5 million Oreos in just one day, according to The History Channel website.

Photo from Wikimedia Commons

The Nabisco research and development team has been hard at work creating new and somewhat unconventional Oreo flavors. The flavor options have grown increasingly unique over time to satisfy curious taste buds. Nabisco has released everything from banana split to green tea ice cream flavors. This September, a new seasonal Pumpkin Spice Oreo hits shelves, according to the Huffington Post.

Nabisco has recently launched the "Wonderfilled" campaign to bring attention to their newest flavors. A catchy song was written for the commercials followed by a series of celebrity covers.

Over the course of a week, Saint Leo students were asked to participate in an Oreo cookie poll, sampling some of Nabisco's newest "Wonderfilled" Oreo flavors. The poll included six new Oreo flavors. Students were given the opportunity to judge the Fruit Punch Oreo, the Peanut Butter Oreo, the Lemon Twist Oreo, the Cool Mint Crème Oreo and the Cookie Dough Oreo.

Reactions to the Oreo flavors ranged from the positive to the confused.

"Very weird," said Sophomore Trail Pierce.

Over all the Oreo cookie poll was received well among the students of the university and ended with 152 students, faculty and staff who participated in the poll.

The favorite flavor of Oreo cookie determined by the poll was the Cool Mint Crème Oreo with 33.5 percent of respondents naming it as their favorite.

"The Cool Mint Oreo had the perfect combination of chocolate and mint," said Junior Denise Rangel.

Despite its popularity, not everyone was a fan.

"Mint tastes weird, berry tastes like DPH medicine," said Sophomore Yashika Walker.

The second favorite was the Cookie Dough Oreo with 22 percent of respondents naming it as their favorite flavor. This flavor was released in February of 2014 and is only scheduled to be on the shelves for a few months.

"The Cookie Dough Oreo is perfect," said Freshman Janine Pesi.

The Peanut Butter Oreo and the Berry Oreo were in the middle of popularity. The double stuffed Peanut Butter Oreo had 17 percent of voters.

"The peanut butter and mint Oreo's were my favorite," said Allison Dynes, Assistant Women's Basketball Coach.

The Berry Oreo had 10.5 percent. The filling of the Berry Oreo contains strawberry and raspberry filling.

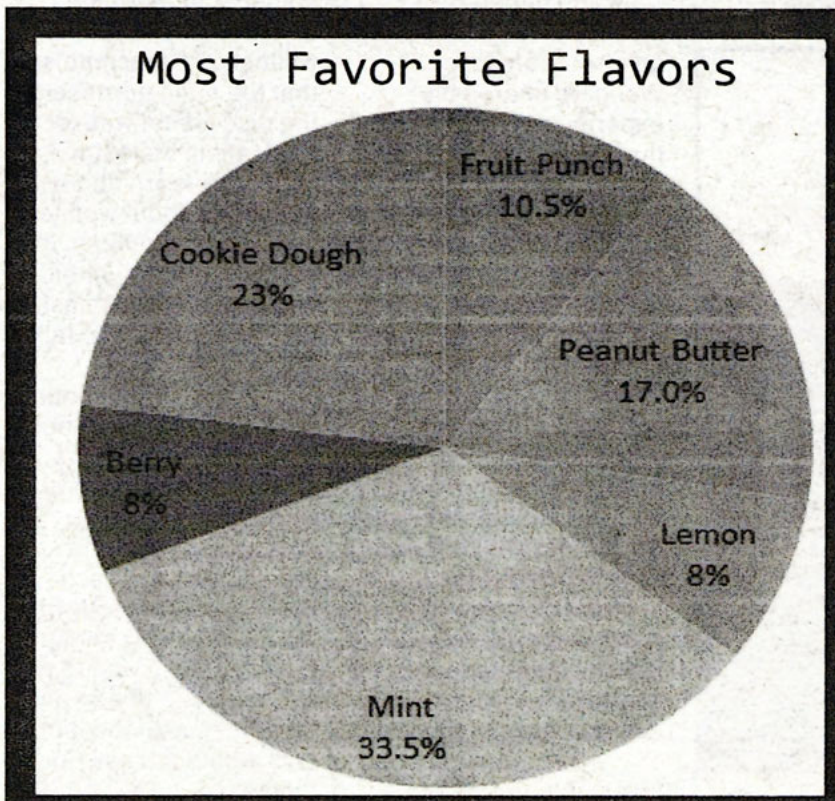
"Berry is repugnant and an insult to the cookie medium," said Dr. Patrick Crerand, assistant professor of English.

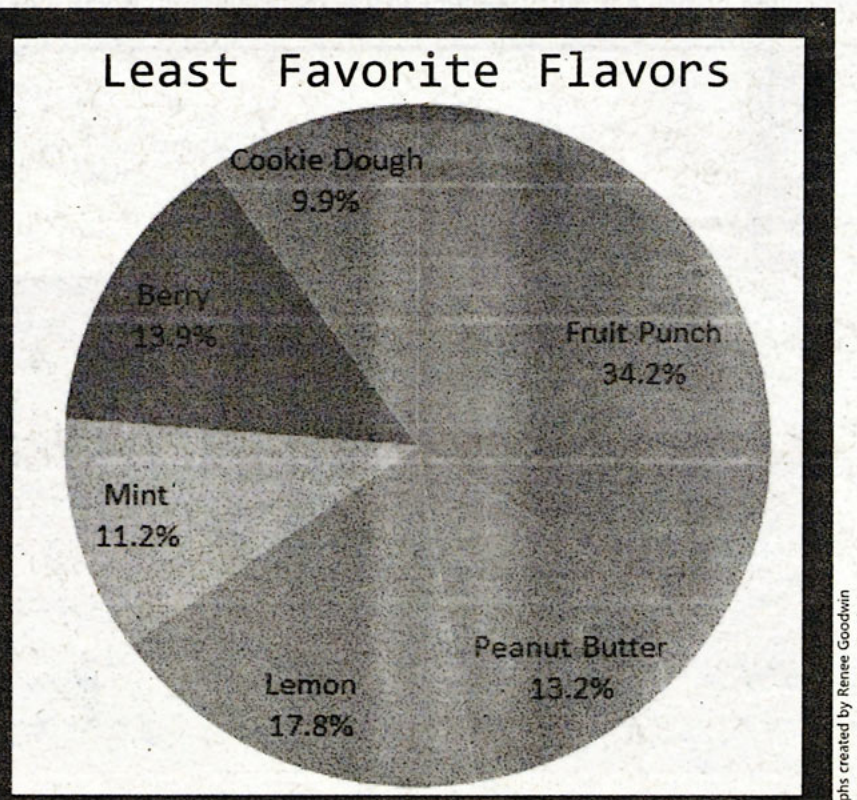
The least favorite was found to be the Fruit Punch Oreo limited edition flavor released in February of 2014. Out of all the respondents, 34.2 percent listed this Oreo as the least pleasing.

"I prefer the light flavor of the fruit punch, the peanut butter taste was too strong and the cookie dough flavor wasn't as sweet. I liked the mint, but the fruit punch was much more enjoyable," said Freshman Alysa Nantarojanaporn.

The Lemon Twist Oreo was also very unpopular with 17.8 percent of respondents claiming this flavor as their least favorite. This was also a limited edition flavor re-released in 2013.

"The fruit punch and lemon taste unnatural. Peanut butter belongs in a smoothie. Cookie Dough seemed to have hint of mocha or coffee. Mint is too crunchy, it should be crispy like thin mints," said Freshman Michael LaCario.





Graphs created by Renee Goodwin

Campus News

The Right Employer for the Right Student

By Daniel Stockton
Contributing Writer

The University had its first fall Career Fair this month with a record turnout of 353 students. Most students had high expectation for the Career Planning Fall Career Fair, hoping it was going to be bigger with a lot of different employers. Students of all different majors came to the tight place, which was the lobby of Donald R. Tapia School of Business, and some were disappointed to find out that there were mostly jobs for the majors of criminal justice, business and one sports business,

"I see a lot of criminal justice and finance here," Said Allison Knipe , senior marketing major.

Many students were complaining about how the Career Fair was not what they expected the fair was going to be, saying the Career Fair is a great opportunity for students with certain majors, and that it was too crowded.

However, Athletic Connection, which is the organization who handed employer recruitment, prefers to keep the events to 20 or less employers. This encourages more in depth conversations with students.

Athletic Connection is an organization to help establish connections between student athletes and employers. The idea is to help the student athletes that do not go professional get a job. The partnership with Athlete Connection and Career Planning was to identify new employers to work with in the future.

According to Matthew Battista, Assistant Director of Career Planning, there were supposed to be more but there were several last minute cancelations, including the Federal Bureau of Investigation (FBI), DaVita Labs, Teach for America, the Golf Channel, Waddell Reed, and the Hershey Company.

We had some Saint Leo Alumni represented by Northwestern Mutual and IMG Academy. Copley Gerdes, an '06 grad with a religion degree, works for Northwestern Mutual, and Konstantin Pyankov, a '13 grad with a sports business degree and a minor in marketing, works for IMG Academy.

Battista said the purpose behind this fair was for students to make connections and start networking.

Rob Liddell, Director of Career Planning, expressed that this new event was more like an appetizer to the main course, the Spring fair. The Spring Career Fair will try to target 60+ employers for all majors and all years.

"We want to identity the right companies for the right students. We will be working with faculty, staff, and students to help us identity Saint Leo's top employer partners," Battista said.

Photo taken by Daniel Stockton

Jennifer Walmach, Senior criminal justice major, claims you must know some background on a company to fully understand what they are offering.

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Arts & Entertainment

Hyrule's Greatest Warrior is Back

By Austin Chiavaroli
Staff Writer

Photo Courtesy of @NintendoAmerica Twitter

There have been about 30 Legend of Zelda games released since 1986, and it is still one of the most popular videogames in the world.

The Legend of Zelda has been a beloved video game franchise ever since its start in 1987. Now its latest game, "Hyrule Warriors," has been released on the Wii U for fans to have a new way to face the evil beings in the world of Hyrule.

While this is a Legend of Zelda game, the game itself uses a new game style. It focuses less on its traditional dungeons and puzzles, and more towards the fighting, making the game feel as more of a "beat 'em up" or fighting game. The multiple combination attacks in the game come in handy, as they all vary from the different damage. The better the combo, the higher the damage depending, on what kind of enemy you are fighting. The animation for each character that uses these specific combos are all different from other characters. Each character in the game that the player selects has its own unique style and powers. They each use certain elements that fit in with the history and adventures played in the previous games.

The story of the game limits the players, making characters unavailable until the player unlocks them in the story. Each character is introduced in cut scenes, and the player then plays as that character until the next one is shown. However, the animation and graphics in the game look top notch and are very pleasing to the eye.

Though the story is intriguing, the boss fights and character fights are not. Players will use the same moves multiple times until they earn or are taught a new move. This can become very repetitive when the player sees the same attack animation five times for just one boss battle.

There are iconic franchise pick up items that appear on the battlefields such as gold skulltulas, heart pieces, and bombs. A badge system is set up in the game so that players can make their attacks stronger and learn new and better moves with every badge they earn. There is also a training dojo for leveling up off of the battlefields that can be useful for friends in the Co-op option to level up faster.

Since "Hyrule Warriors" is made by the makers of the "Dynasty Warriors" franchise, it has the same look and feel as these games. In the game, armies of enemies are being thrown at the player, and one attack can hit several enemies, knocking them through the air. While this can look unpleasing to some, it is actually one of the more satisfying things about the games.

Though this game has some issues with its gameplay, the graphics and Co-op live up to all the excitement. The new looks and the battles are overall fun and the graphics are pleasing to the eye. If you're a fan of the Legend of Zelda or are looking for a good fighting game, this game is for you.

Poets of the Fall: Music of the Jealous Gods

By Jonah Robertson
Contributing Writer

Many would argue that Rock is a dead genre these days, but the new album from Poets of the Fall, titled "Jealous Gods" (released on Sept. 19, 2014 by Insomniac Records), proves them wrong.

While they don't have much of any mainstream presence in the U.S., Poets of the Fall have made quite a splash in the European rock scene over the past decade, with their previous albums getting a very solid amount of radio play. The band was founded in 2003 in Helsinki, Finland. They gathered a devoted following quite quickly, mostly due to their interesting mixture of classic rock and roll and more modern pop-rock bands, like Coldplay. Their newest work, "Jealous Gods," and does not disappoint.

The album opens with the single "Daze," an upbeat and catchy song that highlights vocalist Marko Saaresto's immense vocal talents. In the chorus he shifts from his usual soothing baritone to a soaring falsetto. The track is really one of the highlights of the album, and is incredibly radio-friendly due to its catchy chorus and energetic sound.

Some of the other strongest tracks are "Rebirth," "Hounds to Hamartia," and the surprising instrumental track "Rogue." "Rebirth" is a dark love song full of atmospheric instrumentals and Saaresto's deep, melancholy vocals. It doesn't show off the band's rock skills as well as "Daze," but is absolutely one of the album's standouts.

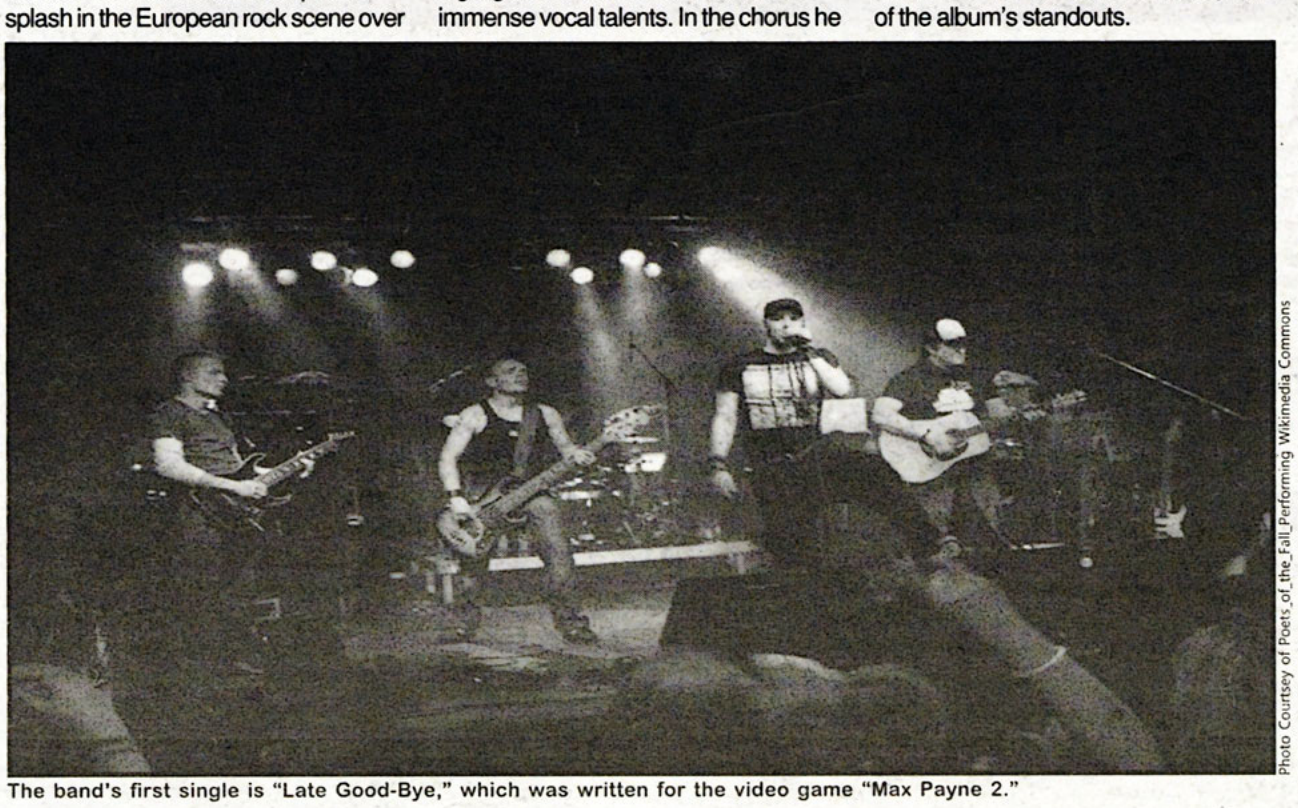

Photo Courtesy of Poets_of_the_Fall_Performing Wikimedia Commons

The band's first single is "Late Good-Bye," which was written for the video game "Max Payne 2."

"Hounds to Hamartia" is a more traditional PotF song, with soothing yet catchy guitar rhythms and simple but satisfying drum beats. It also follows their usual pattern of a slower verse, and an upbeat, catchy chorus.

Finally, "Rogue" is a real surprise, because the band hasn't really dabbled in purely instrumental music much at all. It is, however, a resounding success, proving to be an epic piece, full of soaring synths and truly impressive guitar work.

The downside to this album is that other than those four songs, the rest of the album really just feels like filler. "Daze," "Rebirth," "Hounds to Hamartia," and "Rogue" are all brilliant, and because of that brilliance the rest of it just falls flat. The only other song on the album that really stands out is "Choice Millionaire," and not for a good reason. It's a very odd song, involving spoken verses that feel horribly out of place. The chorus is enjoyable, but the verses are just off-putting.

"Jealous Gods" is an enjoyable album, with some truly brilliant songs on it, but is has some faults. Many of the songs aren't horribly impressive, which isn't to say that they're terrible, just that they're not great. However, if you are looking for a solid Rock album, "Jealous Gods" will absolutely fit the bill. If you wish to hear the songs live though, you're out of luck, as they don't currently have a US tour planned. I would give the album a four out of five.

Arts & Entertainment

Transformers 4: Prehistohoric Transformation

By Austin Chiavaroli
Staff Writer

With the DVD and Blu-Ray release of "Transformers 4: Age of Extinction," directed by Michael Bay, children and adults of all ages are excited to see their transforming robotic alien heroes again.

The movie takes place five years after the Battle in Chicago in the past film. Humanity has become fearful of the Autobots who were given official sanctuary. Behind the president's back, a special CIA unit called Cemetery Wind bands together with the task of hunting down all of the remaining Decepticons and Autobots. With the help from the Transformer Lockdown (Mark Ryan), Cemetery Wind wants to exterminate all of the Cybertron Transformers once and for all. Now, with human Cade Yeager (Mark Wahlberg) on their side, Optimus Prime (Peter Cullen) and the rest of the Autobots will need allies to stop this massacre.

Old characters such as Bumblebee and Hound (John Goodman) return in this movie, but the Transformers that really shine are the Dinobots, also known as the legendary knights. The iconic and commercialized Dinobots Grimlock, Strafe, Slug, and Scorn are the highlights of the movie, bringing all the prehistoric carnage that the audience wants to the big screen. The new villains such as Lockdown and Galvatron (Frank Welker) also bring new challenges to our robotic protagonists.

The issue with the movie is that though it is an action movie like the previous Transformers films, the action in the movie never has a chance to breathe. Another issue is that though the Dinobots are built up a lot in the commercials and trailer for the movie, they don't get as much screen time as many believed they should have gotten. Explosions are everywhere in this movie, as it is a Michael Bay film. Everything that gets hit in the movie spontaneously combusts into sparks and rubble. This is repetitious and can get old really fast, making some of the major explosions in the movie feel deflated.

Though this movie has been hinted as the last of the Transformers movies, a small scene with a new Megatron being reborn might prove otherwise. Decepticons do not play as big of a role in this movie as the last movies, and the original main character, Sam Witwicky (Shia LaBeouf), is not put in the film at all. Though this can be seen as a bad thing to some, this makes the movie feel like a brand new start for the franchise.

With all this in mind, the movie got poor reviews and only grossed over $1 billion in worldwide theatres. Some say that the dialogue and writing was poor on Bay's part, and I agree. On a scale from 1 to 5 I give this movie at best a 3. Its action scenes are great, but its writing could use some work.

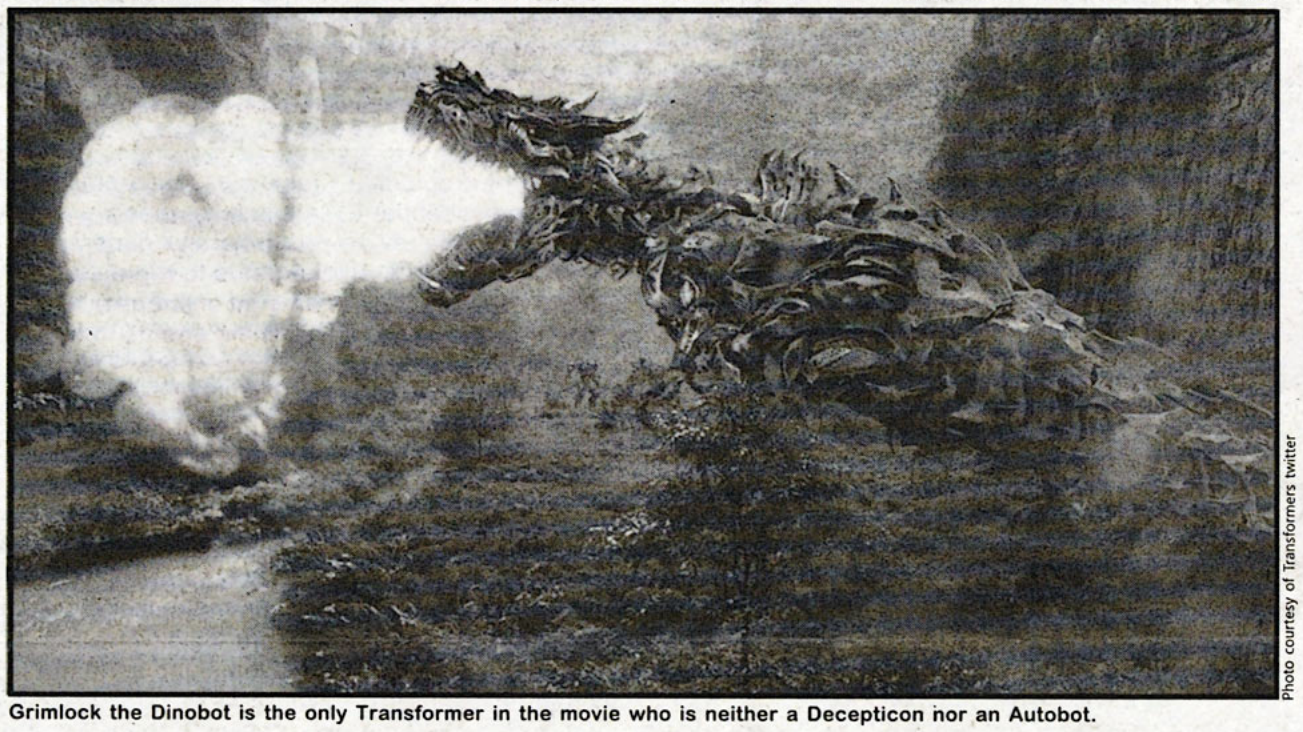

Photo courtesy of Transformers twitter

Grimlock the Dinobot is the only Transformer in the movie who is neither a Decepticon nor an Autobot.

Transcending the Limits of Technology

By Austin Chiavaroli
Staff Writer

The question of whether giving machines sentience and intelligence is safe and moral is a common one among scientific circles, and "Transcendence," directed by Wally Pfister, tries to provide an answer.

This intense sci-fi thriller starts with Will (Johnny Depp) and Evelyn (Rebecca Hall) Caster, a couple of incredibly intelligent scientists who are working on developing self-aware artificial intelligence in computers. At the beginning of the film, they are presenting some of their new research at a conference when Will is shot by a member of a terrorist organization known as RIFT. RIFT believe that building AIs is an act of playing God, and that the Casters specifically are their targets.

It is later revealed that almost everyone that worked for them was killed in a mass terrorist attack, with their old friend Joseph Tagger (Morgan Freeman) one of the only survivors. They begin to try and rebuild, when it is discovered that the bullet Will was shot with was laced with a radioactive isotope, and that he is quickly dying. In a last-ditch effort to save him, Evelyn and their good friend Max Waters (Paul Bettany) attempt to move his mind into a computer, so that he can live on as an AI. It works, but there are unexpected complications, and soon they must decide if the survival of Will is worth the danger he poses to the entire world.

The special effects in the film are quite exceptional. Johnny Depp's face is transposed onto various computer monitors at multiple moments; it looks incredibly believable, with graphical ticks and other common errors when projecting an image. There is also a scene later in the film involving nano-bots that is truly visually stunning, and they move like gusts of wind through the sky. There are also a few impressive uses of slow-motion, especially in one case where the audience is shown the movement of drops of water through the air, a truly gorgeous sight to see.

One of the highlights of the film is its soundtrack. For such an intense and fast-paced film, it has an incredibly subdued soundtrack, and while that sounds like it would be a horrible contrast, it actually accents the film's events quite excellently. The brooding, quiet music makes the films twists and dramatic sequences seem even more intense, providing a somber background to the events of the movie.

The main fault of the film is that some of the twists are difficult to believe, and the ending is a slap in the face to the audience. Also, some of the "science," while this is obviously a work of fiction, seems a little ridiculous, and might detract from one's enjoyment of the film. This honestly doesn't take that much away from the film, however, and is more just an annoyance.

"Transcendence" is an incredibly good movie, and well worth watching if you are a fan of the science fiction genre. It asks some very interesting questions about the nature of consciousness, and how far is safe to go with the development of artificial intelligence. While it has a couple minor flaws, the film is truly exceptional. I would give it a 4 out of 5.

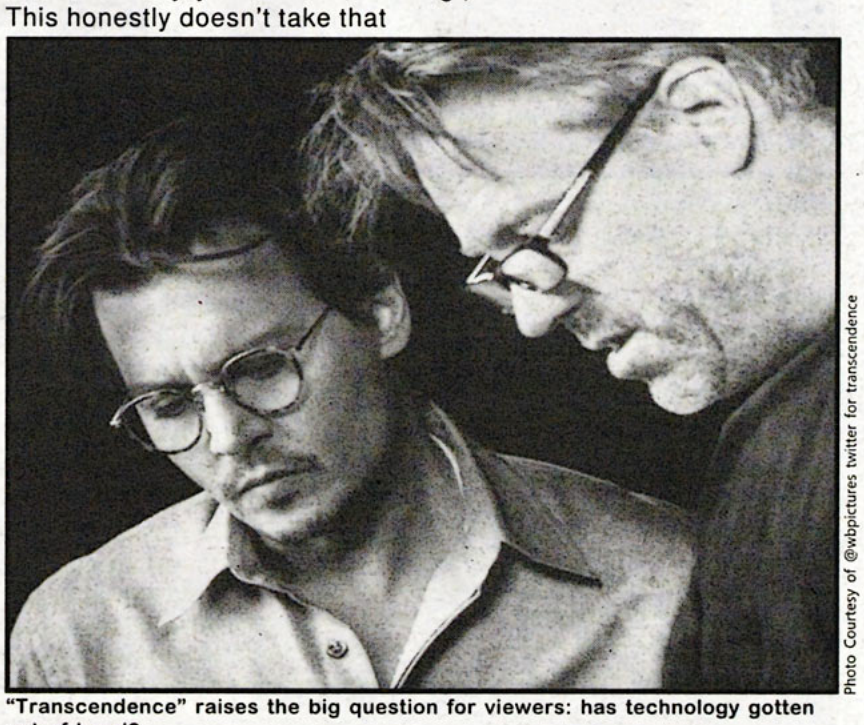

Photo Courtesy of @wbpictures twitter for transcendence

"Transcendence" raises the big question for viewers: has technology gotten out of hand?

Health

Natural Cleaners Give Bleach a Run for its Money

By Autumn Murray
Contributing Writer

Bleach and other harsh cleaners destroy bacteria, but is it worth risking your health? Two hazardous ingredients in many cleaners such as bleach include didecyl dimethyl ammonium chloride and n-alkyl dimethyl benzyl ammonium chloride. These chemicals are very toxic, and even following precautions can be very irritating to our skin, sinuses and eyes. If the label on the bottle says to avoid contact with skin and requires you to wear protective gloves and eyewear to use it, I would be leery to keep this product in my home or dorm for everyday use. There are dozens of safe, homemade cleaners that work just as well at disinfecting without any of the harmful fumes or chemicals of the products on the market today.

One of the benefits of making your own natural cleaners is that you can control how much of a product you put in your disinfectants. Pine-Sol for example is loaded with harsh chemicals and is very popular cleaner in many homes. You can create your own healthier Pine-Sol substitute by purchasing a plastic spray bottle and filling it with 2 cups of water, about 8 drops of pine scented essential oil, 4 drops of cedar scented essential oil and 2 teaspoons of borax. You can also use fresh lemon, baking soda and kosher salt as a scrub for tiles.

Photos Courtesy of Wikimedia Commons

Rather than using industrialized cleaning products, using natural cleaners such as lemons is healthier.

To make your own dish soap, take an old, empty dish soap bottle and fill it with T! liquid castile soap, 3 tablespoons of vegetable glycerin, 5 drops of tea-tree essential oil, 20 drops of lemon essential oil and 1 S! of water.

All natural cleaners have pleasant aromas and are just as effective as other harsh cleaners. The secret is to regulate the amount of stronger cleaning agents to fit your cleaning needs. The possibilities are endless, and there are many different homemade cleaner recipes swarming the internet. So, next time you're in the cleaner aisle at the grocery store, refrain from picking up the hazardous disinfectants and think about creating your own.

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